Consciousness Studies and Practice the Consciousness.

This picture show the difference between the scientist's lectures about consciousness and my lecture about consciousness.

The scientist's lectures gave participants a detailed account of consciousness in theory.

My lecture the two sides are actively engaged in discussions and practise the consciousness.
I gave participants the chance to put my idea into practice.

Is our experience of the world, our bodies, and our mental perspectives subjective ?.

Definition of consciousness from Wikipedia

Consciousness is the state or quality of awareness, or, of being aware of an external object or something within oneself.
It has been defined variously in terms of sentience, awareness, qualia, subjectivity, the ability to experience or to feel, wakefulness,
having a sense of selfhood or soul, the fact that there is something "that it is like" to "have" or "be" it, and the executive control system of the mind.